

# INTERMITTENT FASTING

## ACCORDING TO AGE

### 20s

- Window: 14:10 or 16:8
- Focus: Hormone balance and muscle growth
- Start with 14:10 and add protein after workouts. Women: adjust if cycle shifts.

### 30s

- Window: 14:10 to 18:6
- Focus: Lower cortisol and balance blood sugar
- Try shorter fasts when life gets hectic. Hydrate well and train smart.

### 40s

- Window: 12:12 to 16:8
- Focus: Support shifting hormones
- Prioritize protein, sleep, and recovery. Go easy during high-stress weeks.

### 50s

- Window: 12:12 or gentler
- Focus: Ease insulin resistance
- Pair fasting with strength training. Watch energy levels and fuel accordingly.

### 65+

- Window: 12:12 or with guidance
- Focus: Maintain muscle and support nutrient uptake
- Prioritize nutrient-dense meals.

**IMPORTANT:** Talk to a healthcare professional first before doing longer fasts.



# Intermittent Fasting Act Practice Today

**Joanne McCloskey Dochterman, Helen  
K. Grace**

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